GRAPEVINE
VISITACION·VALLEY

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Up Go the Walls at John King Senior Community

As the summer months wore on, stone walls began to take shape on the east side of the future home of John King Senior Community on Raymond Avenue, where more than 90 units of housing will open in 2001.

San Francisco Gets $3 Million in Old Republic Suit

San Francisco District Attorney Terence Hallinan and City Attorney Louise Renne recently received a $3 million check from the State of California–the City's share of the $22.5 million that Old Republic Title Company was forced to turn over to the State after Hallinan and Renne sued Old Republic for cheating customers. Hallinan and Renne expect their suit, which goes to trial next March, to result in a judgement against Old Republic for additional millions.

San Francisco's top public lawyers filed suit against Old Republic Old Republic in 1998 after the District Attorney prosecuted Old Republic's chief financial officer on embezzlement and tax charges. During the investigation of that case, the DA learned of Old Republic's practice of sweeping money and uncashed checks out of old escrow accounts and into company income.

Under California law, Old Republic either should have returned this unclaimed money to its escrow customers or, if the customers could not be located, escheated it to the State Controller.

Another scheme involved charging tens of thousands of title customers a $65 "fee" for a service the company knew it would never perform.

The DA also discovered that Old Republic collected secret interest payments from the banks that held the escrow accounts. Under state law, Old Republic should have credited this interest to the depositors. Instead, the company kept the money. The former CFO pleaded guilty to two felonies and was sentenced to 16 months in prison. Hallinan then filed a civil suit against Old Republic, alleging violations of the California False Claims Action and Unfair Business Practices Act. He asked Renne to help prosecute the case because of her office's experience in successfully litigating a large False Claims Act case against the Bank of America.

State Controller Kathleen Connell's staff audited Old Republic after reviewing San Francisco's suit and confirmed the allegations. She ordered the company to pay the State $22.5 million, representing the account money and fees wrongfully taken. The suit also spurred the Controller to audit other title companies, and they have since escheated more than $10 million. Connell expects to collect millions more from these companies. Under California's escheat law, the Controller holds the unclaimed money--mostly uncashed checks and unspent escrow deposits--for distribution to the last known owners or their heirs. Consumers should contact the Controller for further information by calling 1-800-992-4647 or visiting www.sco.ca.gov

The Old Republic lawsuit played a role in the downfall of Chuck Quackenbush, who as Insurance Commissioner was responsible for policing the title insurance industry. Hallinan and Renne had been critical of Quackenbush's tepid response to the evidence of wrongdoing they uncovered in the Old Republic case.

After revelations of wrongdoing they uncovered in the Old Republic case, Quackenbush resigned in disgrace July 10 after it was discovered that he instructed staff to pressure Old Republic and other title companies to donate $4 million to a purported consumer outreach organization. In exchange, Quackenbush waived the Insurance Department's right to pursue enforcement actions against the companies. Quackenbush allegedly controlled the outreach organization's spending and intended to use the donations for a "media buy" of television commercials designed to enhance his political image. Hallinan and Renne were outraged by his settlements, which failed to return any money to consumers. The Attorney General is currently studying the legality of those agreements.

Valley to Celebrate Neighborhood Day

Organizers for Visitacion Valley *Neighborhood Day* will hold one more meeting at 10:30 a.m. on Wednesday, Sept. 6 at Visitacion Valley Community Center, 66 Raymond Ave., to finalize preparations for the annual event.

This year's Neighborhood Day will take place on Saturday, Sept. 16 from 11 a.m. to 4 p.m. at three adjoining locations: Visitacion Valley Park, Family School, and the Elementary School on the block bound by Leland Avenue, Cora Street, Visitacion Avenue and Schwerin Street.

Along with great food and live entertainment will be arts and crafts, games and service provider booths.

Forum at VVCC on S.F. District Elections

Visitacion Valley voters will have an educational opportunity to learn about their options for this year's district elections and candidates for supervisor at a forum currently scheduled for Saturday, Oct. 7 from 10 a.m. to 3 p.m. at the Community Center gymnasium, 66 Raymond Ave.

Those attending will get the latest information on the district elections along with San Francisco's new voting system using optical scanners. A voter registration table will also be available. Election Day is Nov. 7.

Later that afternoon, some of the District 10 candidates will be present to answer questions and address the public on community issues.

Candidates for supervisor in District 10 include: Hamp Banks, Don Bertone, Robert Chan, Marie Harrison, Espanola Jackson, Dwayne Jusino, J. R. Manuel, Sophie Maxwell, Linda Richardson, Jim Rodriguez, Larry Shockley, Sodonia Wilson and Hubert Yee.

Steps are Announced for Increased Compliance with Fair Housing Act

The Departments of Treasury, Justice, and Housing and Urban Development recently announced steps to ensure that low-income housing tax credit projects are in compliance with the Fair Housing Act.

"The low-income housing tax credit has led to the creation of more than one million units of affordable housing for low-income Americans," said Treasury Secretary Lawrence H. Summers. "This agreement will help to ensure that discrimination is not a barrier to affordable housing for any American."

"Housing discrimination should not pay," said HUD Secretary Andrew Cuomo. "This agreement preserves an important source of low-income housing while ensuring that those who reap the program's financial benefits respect America's fair housing laws."

"No one should face discrimination when trying to find a home," said Attorney General Janet Reno. "We hope this agreement will help expand housing opportunities by bringing together Federal agencies to enforce civil rights laws."

Under this agreement, the Departments of Treasury, Justice, and HUD will establish a monitoring and compliance process to ensure that low-income housing tax credit properties meet the requirements of the Fair Housing Act. Justice and HUD will provide notice to the IRS and state housing finance agencies of enforcement actions brought under the Fair Housing Act involving tax-credit property owners. The IRS, in turn, will notify involved property owners that a finding of discrimination could result in the loss of tax credits.

The federal agencies will work together and with the private sector so that properties are built and operated in a manner consistent with the Fair Housing Act. They will also hold annual meetings to discuss emerging civil rights issues and new methods to increase civil rights compliance in the tax credit program.

Training and technical assistance, designed to enhance Fair Housing Act compliance practices, will be made available to state housing finance agencies, developers, property managers, and other relevant participants in low-income housing tax credit projects from the time of construction through the operational life of a low-income residential property.

Administered by the Internal Revenue Service with the 50 state housing finance agencies, the low-income housing tax credit program creates affordable residential rental housing through a federal income tax credit. The low-income housing tax credit program has led to the construction, rehabilitation, or acquisition of more than one million units of affordable residential rental housing for low-income families in the U.S. since 1986.

The Fair Housing Act prohibits housing discrimination on the basis of race, color, national origin, sex, religion, disability, and family status. The Departments of HUD and Justice have joint responsibility for enforcing the Fair Housing Act. HUD, working with state and local agencies who administer equivalent fair housing laws, receives, investigates, and attempts to resolve by settlement more than 6,000 housing discrimination complaints per year. Upon referral from HUD or where there is a pattern or practice of discrimination, Justice enforces the Fair Housing Act by filing lawsuits in federal court.

Online Referral Service For Local Contractors And Homeowners

Handyman Online, the nation's leading online contractor referral service, recently announced the opening of two new offices in Daly City and Oakland.

"Rather than having to work with a faceless online entity, our customers appreciate knowing that we're right here," said Mike Mussog, Handyman Online chief executive officer. "We're in direct contact with local contractors and we know the community."

Located at www.handymanonline.com, Handyman Online has proven to be popular as it does the initial homework for homeowners, who simply call or e-mail the company with their home improvement needs. From there, up to four pre-screened contractors contact the homeowner to provide free estimates.

Unlike other online referral services that are little more than listings, Handyman Online carefully pre-screens all of its contractors, checks references and makes sure the contractors are properly licensed and insured. And Handyman Online follows-up with the homeowner before, during and after the project.

Handyman Online also is dedicated to servicing contractors as well by providing a variety of training sessions and seminars for its member contractors--ranging from how to improve customer service to guidelines for opening a small business.

While the company can't guarantee the work of individual contractors, Handyman Online's pre-screening and training process helps ensure customer satisfaction. Handyman Online's main office can be reached at (800) 772-3220.

Future Entrance to Home Depot?

Main entrance to a Home Depot proposed for the for the old Schlage Lock site would be at Bayshore Boulevard and Visitacion Avenue.

Visitacion Valley residents will again meet at 10 a.m. on Saturday, Sept. 9 at the Community Center gymnasium, 66 Raymond Ave. to discuss plans for the proposed Home Depot planned for the abandoned Schlage Lock site on Bayshore Boulevard. Home Depot plans to have a representative at the meeting to update local residents on progress with the project.

Original plans called for demolition of existing buildings, with construction to follow on a single-story 32-foot-tall commercial building of about 108,000 square feet. Design of the proposed Home Depot would be similar to the company's other stores. An outdoor garden center would of about 17,000 square feet would also be built.

Approximately 865 parking spaces would be provided in a surface lot south of the proposed, and four truck loading bays would be located in the eastern wall of the building.

Three access driveways are proposed on Bayshore Boulevard for the project: a primary access opposite Visitacion Avenue; mid-block between Visitacion and Sunnydale avenues; and a one-way truck entry opposite Raymond Avenue.

GRAPEVINE MAILBOX

District Elections for S.F. Supervisors

Dear Friends:

The political landscape in San Francisco changed dramatically in January as the City began to prepare to elect supervisors by district in November 2000.

The League of Women Voters of San Francisco (LWVSF) sees the move to district elections as an extraordinary opportunity to increase public participation in the political process. An exit poll after the March election by David Binder Research has shown that only 51 percent of the people polled knew that the next supervisorial election would be by district instead of city-wide, while 93 percent did not know what district they live in. District elections provide the LWVSF with an unprecedented opportunity to increase public participation in the electoral process--but we cannot do it without your active participation.

For the upcoming November 2000 elections, we will continue to educate voters about district elections, as well as provide our services to all of San Francisco's communities. A special District Elections Task Force has formed to look at how LWVSF can move from being a city-wide organization to one that provides services in each of the 11 districts. The League of Women Voters of San Francisco will be working to ensure that the voices of the genuine grassroots--and not just the politically savvy--are solicited, heard, and considered.

We urge you to get involved. We will be offering all of the services you have been accustomed to receiving from the League of Women Voters: our Speaker's Bureau, distribution of our pros and cons publication in your community, and voter registration. The League's key mission of building citizen participation in the democratic process cannot happen without you.

Sincerely,
Holli P. Thier, JD
LWVSF President

Update on Geneva Carter Family Housing

Dear Neighbor:

We wanted to give you an update on our development of 104 units of affordable multifamily rental housing at Geneva Avenue and Carter Street called Geneva Carter Family Housing. Mercy housing California has received valuable input from community members at design meetings that were held in April and May. We also participated in a forum on June 12 organized by neighbors to answer questions about our proposal and to provide more information about Mercy Housing California. At this stage, we are meeting with a group of neighbors who have expressed concerns about our proposed development. We are listening to their concerns seriously and are working to address these concerns.

A number of you spoke at the forum on June 12 about the important contribution that our proposed development will have in providing affordable housing for working families. We thank you for your voices of support. We hope that you will be able to express your support for the development of geneva Carter Family Housing when we appear before the Planning Commission for land use approvals, probably in October and again in December.

Sincerely,
Ramie Dare, Amy Bayley, Jodi Reid
Mercy Charities Housing California

Recycling Old Computers and Phone Books

by Stefanie Pruegel
S.F. Recycling Program

Q: Where can residents and businesses recycle old phone books?

A: Residents can recycle their old telephone books in the curbside recycling program by placing them in a paper bag along with the rest of their mixed paper. Residents living in apartments should put them in the mixed paper recycling container (remember that "mixed paper" includes: white and colored paper, dry food boxes such as cereal boxes, junk mail, envelopes, magazines, cardboard, newspaper, etc.). If your building is not yet set up for recycling, call 330-CURB to start service (or ask your building manager to call if you live in a building with 6 units or more). In the meantime you can take your old phone books to any recycling center that accepts mixed paper. For the center closest to you, please call the San Francisco Recycling Program at (415) 554-3400.

Businesses can recycle their phone books in their mixed paper or newspaper program, if they have one. Check with your building manager if you are not sure about the service in your business' building. If your business has only white paper recycling, or does not recycle at all, you can make special arrangements for pick-up with your garbage hauler or you can bring your old telephone books to any mixed paper recycling center. For the center closest to your business, please call the San Francisco Recycling Program at (415) 554-3400. And, while you're at it, ask how your office can start recycling ALL of your paper! When the new phone books are delivered in San Francisco in early September, some 1.2 million old phone books will become outdated--that's more than 6 million pounds of paper! Recycling old phone books helps "tons" and closes the recycling loop: This year's phone books are made from 40 percent post-consumer recycled content which means that 40 percent of the material used to manufacture them came from old newspapers, magazines, and yes, even last year's telephone books.

Q: I don't want to throw away my old computer. Can it be reused or recycled?

A: Obsolete computers can and should be recycled! Now is actually a very good time to get that old 486 and the broken monitor out of the garage for recycling; San Francisco has a new, free computer recycling service available to residents and small businesses. Just drop off your old computer and computer parts at one of the twelve participating computer stores and recyclers. The recyclers will also collect the computers dropped off at the stores. Depending on the model and condition, the computers will be reused as is, upgraded, used for parts and/or recycled back into raw materials. In some cases they will be refurbished and donated to schools, nonprofit organizations or low-income families to help bridge the "digital divide."

With the life span of computers dropping dramatically and the estimated number of computers that will have become obsolete in San Francisco alone by the year 2004 reaching an estimated 800,000, recycling computers has become more important than ever. Not only does it reduce landfill waste, it also prevents hazardous materials from being released into our soil and groundwater. Residents and small businesses are encouraged to drop-off their computers as soon as possible because the program may end at any time. The participating computer stores and recyclers are: *Stores:* CBE Systems, 643 Clay St., 956-5524; Central Computer Systems, Inc., 837 Howard St., 495-5888; Compu-Data, 22 3rd St., 495-3422; D-Net Computer, 3400 Geary St., 668-9311; First Computer, 467 Pine St., 981-6666; PC Express, 101 Spear St., 957-9952; The Happy Mac, 1846 San Jose Ave., 337-4090; The Mac Place, 1830 San Jose Ave., 239-2266; *Recyclers:* Community Computer Center, 1465 Donner Ave., 822-4144; HMR, 435 23rd St., 647-6071; Resource International Computer Recycling Center, 5700 3rd St. #117, 671-4905; SFUSD Computer Recycling Center, 1700 19th St., 643-6200.

Please note that this program is not for large businesses; they can make arrangements directly with these or other recyclers. To receive a free commercial reuse and recycling directory listing all local computer recyclers, please call the San Francisco Recycling Program at (415) 554-3400.

If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or e-mail sfrecycle@ci.sf.ca.us

Doctors Have a New Way to Save Lives

(NAPS) How many times have you taken a trip to the pharmacy to pick up a prescription and failed to glance at the label? Do you know if the drugs you are taking interfere with each other? Can you even tell if the medication you received is what the doctor prescribed?

A new healthcare technology company, called iScribe, has developed an electronic prescription writer for handheld devices--the Palm and WinCE handheld PCs--that allow doctors to write prescriptions when they are interacting with the patient. The system checks for interactions with other drugs that the patient is taking and checks that the drug is covered by the patient's insurance plan before the prescription is written. The system then prints out a safe, accurate, legible prescription.

Not only does this system help a patient receive the right prescription the first time, but it also helps reduce office paperwork and calls back to the doctor from the pharmacy. This means the doctor's daily hassles are reduced and he or she has more time to focus on patients.

For more information, send a self-addressed, stamped envelope to The Institute for Safe Medication Practices, 1800 Byberry Road, Suite 810, Huntingdon Valley, PA 19006. Or, visit its Web site at http://www.ismp.org and click on *Alerts for Patients.*

Who's at Home? A Story

The boss of a big company needed to call one of his employees about an urgent problem with one of the main computers. He dialed the employee's home phone number and was greeted with a child's whispered, "Hello?"

Feeling put out at the inconvenience of having to talk to a youngster the boss asked, "Is your Daddy home?"

"Yes," whispered the small voice.

"May I talk with him?" the man asked. To the surprise of the boss, the small voice whispered, "No."

Wanting to talk with an adult, the boss asked, "Is your Mommy there?"

"Yes," came the answer.

"May I talk with her?" Again the small voice whispered, "No."

Knowing that it was not likely that a young child would be left home alone, the boss decided he would just leave a message with the person who should be there watching over the child. "Is there any one there besides you?" the boss asked the child.

"Yes," whispered the child, "A policeman."

Wondering what a cop would be doing at his employee's home, the boss asked, "May I speak with the policeman?"

"No, he's busy," whispered the child.

"Busy doing what?" asked the boss.

"Talking to Daddy and Mommy and the fireman," came the whispered answer.

Growing concerned and even worried as he heard what sounded like a helicopter through the ear piece on the phone the boss asked, "What is that noise?"

"A hello-copper," answered the whispering voice.

"What is going on there?" asked the boss, now alarmed. In an awed whispering voice the child answered, "The search team just landed the hello-copper."

Alarmed, concerned and more than just a little frustrated the boss asked, "Why are they there?"

Still whispering, the young voice replied along with a muffled giggle: "They're looking for me."

Samoan Community Development Center

Presents

Anger Management Workshops:
Youth Violence Prevention
Presented by Dera Blake, MBA
Tuesdays and Thursdays
3:30 - 5 p.m.
at 2055 Sunnydale Avenue

Learn How to Identify:
Anger Signals
Hot Buttons
Cooling-Off Techniques

For more information, please contact Dera at (415) 841-1086

Recycle Your Old Computers!

These stores will now accept your old computers for recycling:

CBE Systems
643 Clay. St., (415) 956-5524
Central Computer Systems, Inc.
837 Howard St., (415) 495-5888
Compu-Doto
22 3rd St., (415) 495-3422
D-Net Computer
3400 Geary St., (415) 668-9311
First Computer
467 Pine St., (415) 981-6666
P C Express
101 Spear St., (415) 957-9952
The Hoppy Moc
1846 San Jose Ave., (415) 337-4090
The Moc Place
1830 San Jose Ave., (415) 239-2266

You can also bring old computers directly to the following recyclers:

Community Computer Center
1465 Donner Ave., (415) 822-4144
HMR
435 23rd. St., (415) 647-6071
Knights of Columbus Foundation
2810 Taraval St., (415) 665-7200
Recycle Technology!
605 Texas St., (415) 282-7467
Resource International
5700 - 3rd St. #117, (415) 671-4905
SFUSD Computer Recycling Center
1700 - 19th St., (415) 643-6200

This FREE program for residents and small businesses is made possible by the participating computer stores and recyclers.

CITY AND COUNTY OF SAN FRANCISCO

sfrecycle.org
(415) 554-RECYcle

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Setting the Record Straight About the Immigrants in America

by Asian Pacific Democratic Club

Today, we are witnessing a growing anti-immigrant hysteria. Much of the hostility towards immigrants is motivated by fear and frustration about the economy, continued budget cuts in education and public services, rising costs and diminishing availability of health care, and growing rime and violence.

While these are serious issues, it is wrong and simplistic to blame immigrants for problems they did not create. The true causes of these difficulties are: inequitable tax structures; misallocation of public resources; the flight of jobs and capital outside the U.S.; and lack of investment in local workers, which are the results of wrong policies by wrong politicians. Scapegoating immigrants is their way to cover up their failures, but it is not the honest way or the responsible way to solve our problems.

So it is necessary for us to *set the record straight about immigrants in America* and expose the myths that attack at our dignity and our fundamental human rights.

Myth: Immigrants hurt the economy.

Fact: Immigrants contribute to the U.S. economy through tax payments, consumer spending, entrepreneurial activity, job creation, and neighborhood revitalization.

Most immigrants pay income taxes through employer deductions; undocumented immigrants never claim millions of dollars in tax refunds. All immigrants pay sales, property, utility, and other taxes.

Immigrants are more likely to be self-employed and start new businesses. Small businesses, 18 percent of which are started by immigrants, account for 80 percent of the new jobs available in the United States each year.

Immigrants generate both taxes and employment opportunities by starting new businesses and buying homes, while encouraging investment in run-down central city neighborhoods and older suburbs.

The relatively lower-cost and available immigrant work force keeps labor-intensive industries competitive and helps to retain these industries in the United States. For example, immigrant workers have saved the furniture, garment, and shoe industries in Southern California and textile industries in new York, San Francisco, and Los Angeles.

Immigrants are working in both high and low skilled jobs that would otherwise go unfilled, which produce goods and services that would otherwise not be produced.

Myth: Today's immigrants don't learn English and don't want to become Americans.

Fact: Children of immigrants continue the American tradition of social mobility through education, and are likely to attend public schools and as likely to graduate from high school as children of U.S.-born parents.

The evidence is that America's most recent immigrants are assimilating as fast as earlier groups. During the 19th century, Americans also complained about the Italians, Irish, and Germans, that they weren't assimilating either. Most immigrants, and almost all children of immigrants, can speak English after a few years in the United States. The overwhelming majority of immigrants eventually learn English.

Reports indicate a tremendous need for English as a Second Language (ESL) classes, with adult newcomers waiting months or even years before getting the opportunity to learn English.

Myth: Immigrants come to the U.S. to receive welfare.

Fact: Most immigrants are ineligible for and generally avoid public assistance programs.

Legal immigrants make up to 22 percent of the population of California, but are only 12 percent of the population receiving AFDC (Aid to Families with Dependant Children). Most are refugees from Russia and Southeast Asia. Only 3.8 percent of California's long-term immigrants received welfare, social security, or other types of public assistance, compared with 4.1 percent of the U.S. born.

Because most immigrants are of working age, more are working and fewer are dependent on Social Security than native born Americans.

For example, of all foreign-born immigrants who entered between 1980-90, only 1.5 percent receive social security, as compared to approximately 13 percent of U.S.-born residents of California.

Immigrants do not receive permission to enter the United States unless they can demonstrate that they are not likely to need public assistance. Most new immigrants are automatically disqualified from receiving public assistance for three years. Immigrants legalized under the 1986 amnesty program were disqualified from AFDC or Medi-Cal for five years.

Undocumented immigrants are ineligible for all public benefits except for emergency medical and perinatal services and K-12 public education.

Myth: Immigrants don't pay their fair share in taxes.

Fact: Immigrants pay $70 billion in taxes a year, over $25-30 billion more taxes paid than welfare received.

Immigrants' contributions to Social Security are vital to the survival of the financially strained system because they pay into the program during their lifetimes, but do not have a generation of parents collecting benefits.

Every 100,000 additional immigrants contribute $2.4 billion in taxes to the Social Security fund.

Myth: Immigrants are a drain on our cities and counties.

Fact: In Los Angeles county, immigrants paid at least $4.3 billion in taxes during the 1990-91 fiscal year. But 60 percent of the tax revenues went to the federal government, while L.A. county got only 3 percent.

The federal government collects the vast majority of tax revenue from all taxpayers, including immigrants, but relies on cities and states to provide most of the public services.

Funds originally authorized by the Immigration Reform and Control Act to pay for the education and health of recently *legalized* immigrants have been deferred, costing California an estimated $700 million.

Myth: Immigrants take jobs away from Americans and bring down wages.

Fact: By filling the need for low-skilled labor, immigrants create and sustain U.S. industries and increase the demand for skilled jobs typically held by U.S.-born workers. This boosts employment and income for the population as a whole.

Immigrants create jobs through the formation of new businesses, spending, capital investment, and by raising the productivity of U.S. businesses.

Any reductions in wages and loss in jobs are more of a consequence of increased global competition from low-wage countries, trade deficits, and manufacturers moving their operations overseas, rather than immigration.

Army Celebrates 225 Years of Service to U.S.

(NAPS) It began on June 14, 1775 with Congress raising ten companies of "expert riflemen" to help lift the British siege of Boston. Now, 225 years later, the United States Army has grown in size and responsibility, responding to every role America has asked of it.

American soldiers have policed the frontier and implemented Reconstruction. The Army has brought relief to natural disaster victims and enforced voters' rights. Its members also brought Olympic glory to America and helped battle disease and poverty. While the Army is best known as the nation's guardian against foreign attack, its achievements extend well beyond the battlefield.

One of the most important non-combat roles assigned to American soldiers was that given to Captains Meriwether Lewis and William Clark. President Thomas Jefferson assigned to explore the recently acquired Louisiana Purchase. Escorted by U.S. Army infantrymen, the Corps of Discovery helped open the American frontier.

Vanguards of Healthcare

Since the Army's earliest days, medical corps doctors have been on the forefront of worldwide advances in medicine. During the Revolutionary War, the Boston Army Hospital created a surgical anatomy course, which helped establish Harvard College's founding medical department.

With America's growth, soldiers often found themselves in inhospitable climates. In the 1800s, mosquito-carried malaria was often a greater threat to soldiers than armed enemies. Army physicians studied malaria and proscribed quinine a revolutionary step that saved many lives.

Perhaps the best known of Army physicians is Walter Reed. He led Army initiatives against some of the most feared diseases of the time, including typhoid and yellow fever.

Building America

America has been shaped by the work of the Army Corps of Engineers. Army Engineering began in 1802 when Thomas Jefferson called such a corps and for a "military academy" to teach military engineering. The United States Military Academy at West Point was the first college in American to emphasize engineering.

An Army engineer created the U.S. Capitol Dome. From 1853 to 1859 a young Army lieutenant, Montgomery Meigs, supervised the building of the wings and dome of the national Capitol. Meigs also helped build the Washington Aqueduct, the first public water system of the District of Columbia. Now expanded, Meigs' creation serves the people of Washington D.C. today.

Army Corps of Engineers projects are as diverse as the Washington Monument, the Library of Congress and the ALCAN highway. One in ten Americans visit an Army Corps of Engineers project at least once a year. The Army Corps of Engineers widens waterways, provides flood control and responds to natural disasters.

During the Great Depression, the Army worked on one of the country's largest peacetime programs. President Roosevelt's "New Deal' had the Army to work hand-in-hand with civilians to alleviate unemployment and bolster public spirit.

The Civilian Conservation Corps was the first such program. The U.S. Army ran camps where thousands of young men worked to improve forests, parks and rangelands.

Building Tomorrow's Leaders

The Army still contributes to American life and culture.

The U.S. Army is an active participant in international sports. Soldiers from the U.S. Army Marksmanship Unit routinely represent America at Olympic shooting events. Half the medals won in shooting events go to Army marksman.

The Army's World Class Athlete program lets soldiers compete in international events ranging from boxing to track and field.

America's soldiers have also explored outer space. West Point graduates Frank Borman and Buzz Aldrin were members of NASA's Gemini and Apollo programs. Lieutenant Colonel Nancy Curry has made three space flights and history as the first female soldier in space.

The Army's contributions; the work of its doctors and engineers, athletes and explorers, has perhaps made a deeper impact on America than most realize. As it has in the past, the U.S. Army will be an American resource into the future.

A Few VA Questions and Answers

Following are typical questions and answers that are handled daily by VA counselors. Full information is available at any VA office.

Question: I'm a Vietnam veteran. How can I know if I was exposed to Agent Orange?

Answer: For the purpose of establishing a legal right to VA disability compensation and VA health care, VA assumes that everyone in Vietnam was exposed to Agent Orange. A veteran had to have served in Vietnam--not elsewhere in Southeast Asia--from January 9, 1962 through May 7, 1975. This includes people who served off shore and in assignments elsewhere that involved visiting Vietnam.

Question: My father was buried in a private cemetery. Is he still eligible for a VA headstone? Is there any charge?

Answer: To be eligible for a VA headstone or marker, a veteran must be discharged from active duty under what's technically known as "conditions other than dishonorable." VA will provide a flat marker or an upright headstone, regardless of the cemetery. It is inscribed and shipped at government expense. For burials in private cemeteries, the survivors must pay the cost of placing the headstone or marker.

Question: I was a POW during World War II. How do I get the new POW medal? Answer: The military issues medals, not the VA. If you were in the Navy, Marine Corps or Coast Guard, write to: U.S. Navy Liaison Office, National Personnel Records Center, Room 3475, 9700 Paige Blvd., St. Louis, MO 63132. If you were in the Army, write to Army Reserve Personnel Center, Attn: ARPC-VSE, National Personnel Records Center, 9700 Paige Blvd., St. Louis, MO, 63132. If you were in the Air Force, write to National Personnel Records Center (Military Personnel Records), 9700 Paige Blvd., St. Louis, MO 63132. If possible, include a copy of your discharge papers, dates of service, service number or Social Security number and other pertinent information. Survivors can receive the POW Medal on behalf of veterans who died before receiving it.

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Great Recipe

Pudding Cake is Easy as Child's Play

(NAPS) Want to surprise someone special with a really delicious and nutritious treat? Try this rich, delightfully tasty chocolate pudding cake. Here's a *make and bake* in one pan dessert that children of all ages can stir together and proudly say, "I made it myself!" From the simple ingredients of figs, cocoa powder, flour and sugar, comes a moist, chewy, brownie-like cake that sits atop a creamy layer of pudding. For the perfect end to a perfect day, serve Figgy-Fudgey Pudding Cake warm with a spoonful of vanilla ice cream or frozen yogurt and a hug that says, "You're the best." Not only will you be showing how much you care, but you'll be proving it by serving a dessert that's low in fat and chock full of tender, sweet California dried figs.

Leave it to Mother Nature to create the ultimate *functional food*. Dried figs are packed with dietary fiber (20 percent Daily Value) and containing a unique combination of essential nutrients including calcium (6 percent Daily Value), iron (8 percent Daily Value) and potassium (7 percent Daily Value). They are a terrific total package of great taste and great nutrition.

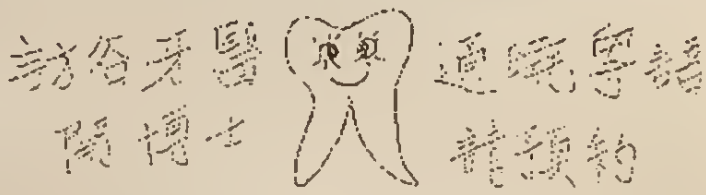
Energy-packed and portable, figs can go easily to the office or on a hike and make an important contribution to a heart-healthy, nutritious diet. For more nutrition information and free recipes, contact Valley Fig Growers at P.O. Box 1987, Fresno, CA 93718-1987 or via the internet at www.valleyfig.com.

Figgy-Fudgey Pudding Cake

1 cup all purpose flour; 2/3 cup granulated sugar; 3 tablespoons unsweetened cocoa powder; 2 teaspoons baking powder; 1/4 teaspoon salt; 1/2 cup milk; 1/4 cup butter, melted; 1-1/2 teaspoons; vanilla extract; 1 cup chopped Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna Figs; 1/3 cup semisweet chocolate morsels, optional; 1/4 cup chopped, toasted pecans; 3/4 cup packed light brown sugar; 1/4 cup unsweetened cocoa powder; 1-3/4 cup hottest tap water.

Heat oven to 350 F. In ungreased 8- or 9-inch square pan, stir together flour, sugar, 3 tablespoons cocoa powder, baking powder and salt. With fork, blend in milk, butter and vanilla until smooth. Stir in figs, chocolate morsels and pecans. Sprinkle brown sugar and remaining 1/4 cup cocoa even over top. Pour hot water evenly over top. Do not stir. Bake for 35 to 40 minutes, until sauce forms on bottom and cake on top is set. Cool for 15 minutes. Serve in dessert dishes, spooning sauce from bottom of pan over each serving. Top with ice cream or whipped cream and fresh raspberries, if desired. Makes 9 servings.

Visitacion Valley Dental Office
Albert Kuan, D.D.S.



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Smelling Roses and Not Shedding a Tear

(NAPS) Your eyes are trying to tell you something. When you pass some lovely flowers, a beautiful garden, perhaps even a certain tree, your eyes begin to itch, get watery, and even turn red.

A new Gallup Poll of more than 2,000 allergy sufferers shows that more people are affected by allergies these days--about 70 million people in the U.S. According to this new national poll, most allergy sufferers also are affected by itchy, red allergy eyes. In this survey, more than 80 percent of people with severe allergies agree: allergy symptoms can really interfere with life's daily routines.

"Many people find it difficult or bothersome to deal with itchy, watery allergy eyes," says George Bensch, MD, an allergy expert. "Often, they will medicate themselves with over-the-counter eye drops, such as Visine, which can actually make their eye allergy symptoms worse if they are used for more than two or three days."

Many people know that over-the-counter nose sprays can cause a person to need more and more of the nose spray to get any relief. According to Dr. Bensch, the extended use of over-the-counter eye drops can cause the same effect. People with eye allergies who use over-the-counter medications find that their eyes become more sensitive and red as they use more and more of the over-the-counter eye drop.

"People with eye allergies should speak to their doctors about prescription treatment options," Dr. Bensch explains. "Patanol is the leading prescription eye drop for eye allergies. It provides rapid relief of itchy, red allergy eyes and needs to be used just twice a day."

When allergies strike, speak to your doctor about your eye allergy symptoms and the treatment options that might be best for you.

Baby's First Picture Just Got Clearer

(NAPS) Baby's first picture? For many parents, this important "first" takes place in the obstetrician's office when they first view baby on a TV monitor during a sonogram.

The sonogram offers an exciting view of baby's tiny heart beating, face, hands and feet, fingers and toes. After the sonogram, the doctor usually hands over some fuzzy pictures for parents to take home and show to family and friends.

Years ago, sonogram pictures were indistinct; it was difficult to clearly see a baby's tiny parts. But thanks to ongoing advances in ultrasound technology, it is now possible to produce extremely sharp, high-quality sonogram pictures which clearly reveal anatomy and physiology.

Ultrasound scanners have greatly improved in recent years and are capable of producing high-resolution, high-contrast images.

New developments from companies such as Sony Electronics are making it possible to realize all the benefits of ultrasound advances in printed form.

With 1280 dots per inch, printers such as Sony's new high-resolution black and white printer, UP-895MD, can reproduce the depth and detail of the new high-resolution, high-contrast images produced with today's high-frequency advanced ultrasound systems. Details of the developing fetus can be seen with high clarity. Using Sony's new UP-110HG high gloss paper, the resulting prints have a glossy, durable finish. Because of their high quality, the images are suitable as permanent keepsakes and may even grace the first page of baby's photo album.

Edgar Cayce: Father of Holistic Medicine

(NAPS) The next time you eat veggies for dinner or reach for a vitamin supplement, you might want to thank Edgar Cayce, the *father* of holistic medicine.

Cayce, a photographer and Sunday School teacher, became known as "America's Sleeping Prophet" after a New York Times article in 1910 detailed his amazing abilities to enter a sleep-like state and prescribe medical treatments for ailing people all over the country. His diagnosis and treatments of people involved the use of complex medical terminology and were sometimes delivered in foreign languages--skills that were not available to Cayce when he was awake.

He healed himself of chronic laryngitis, cured his wife of terminal tuberculosis and prescribed treatments that restored his son Hugh Lynn's sight when he was blinded by a flash fire--all by applying natural or "homeopathic" remedies along with dietary changes. Cayce displayed an intricate understanding of how certain foods reacted in the body, and spoke often about balancing mind, spirit and body to ensure perfect health. These concepts were considered quite radical at the time, and led to him being called the "father" of holistic medicine.

Edgar Cayce founded a hospital in 1928 to further explore his therapies, which included massage, colon hydrotherapy and a largely vegetarian diet. During his lifetime Cayce conducted more than 14,000 documented readings on subjects ranging from health, spiritual development, dreams, reincarnation and more.

Cayce's legacy lives on at the Association for Research and Enlightenment (ARE), a non-profit, open membership organization based in Virginia Beach, Virginia. The ARE boasts the largest metaphysical library in North America and sponsors an active international lecture, workshop and seminar program, a publishing company, travel division, schools of massage and metaphysical training and an extensive bookstore. For more information, write or call 1-800-333-4499 or visit the ARE website at www.edgarcayce.org.

Facts and Figure on Light Bulbs

(NAPS) Many people may be delighted to learn a few facts about the light bulb:

*Thousands of different kinds of bulbs are made these days, many of them special bulbs for industry or office use. One major supplier has an inventory of over 5,000 different bulbs.

*The first successful electric light bulb was created by Thomas A. Edison in 1879. He used a filament of carbonized thread to carry the electricity. Nowadays a coil of thin tungsten wire is more generally used.

*Businesses that need an unusual bulb in a hurry are turning on their computers to help them find the right light. Online light bulb suppliers can speedily ship such specialty light fixtures as unusual exit sign lights or bulbs for projectors. One such company has had 70 years of experience in solving tough lighting challenges and is now delivering solutions even faster thanks to their new web site.

*This supply house, called Top bulb.com, supplies a Visual Bulb ID system, in which businesses in need of a light can simply click on the picture of the bulb that most resembles the one they need and find a list of similar products appearing on the screen. Then they scroll down to the specific bulb to find product specifications and a full-color photo.

*Prompt and friendly help is available to business consumers at this site via e-mail, toll-free fax or phone. These representatives can cross-reference thousands of bulbs to find the right match for any application. If they don't have the product in stock they will try to find it, if it exists, no matter how obscure.

*The specialty light bulbs are sold at deeply discounted prices and same-day shipping is offered on 98 percent of all orders. Shipping is free and returns are hassle-free. There's no minimum order and major credit cards are accepted.

Visitacion Valley Community Center Senior Program

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Used Bedding Labeling Rules

Buying a mattress? Factors to consider may include soft or firm, innerspring or foam, new or used. Used? Yes, in most parts of the country, used mattresses can be resold as long as they meet certain labeling and processing requirements.

Bedding can be expensive. It's important to know what you're buying. The easiest way to tell if you're buying new or used is to look at the label attached to the mattress. In most cases, new mattresses will include a white tag or label that indicates that the mattress contains "all new materials, consisting of...." Depending on the state, used mattresses may contain a tag, sometimes red or yellow in color, that warns that the mattress contains used materials. Federal law requires that any mattress that contains used stuffing bear a tag or label with that information. If you don't see any tag, consider doing business with another retailer. Otherwise, you simply don't know what you're buying.

Not all states have labeling requirements for the sale of used mattresses, and for those that do, the requirements can vary. For example, in many places, old mattresses that have been recovered with new ticking (strong, tightly woven cotton or linen fabric) can be sold as long as they are sanitized or disinfected in some way before sale. In other states, only certain parts of mattresses, such as the springs, can be reused. These rules apply to traditional retailers as well as to thrift, secondhand and consignment shops.

Mattress Shopping Tips:

*Shop around. Mattress prices and quality vary greatly.

*Ask if the retailer sells used bedding. If so, and you want a new mattress, make sure your mattress has a "new" mattress tag.

*Make sure you look at the tag on the actual mattress you're buying, either before you leave the store or before the delivery person leaves your house. Don't let the heavy plastic wrapping stop you from looking for--and at--the tag.

*Ask the retailer to write "new" on your sales receipt if you've been told you're buying a new mattress. If it turns out that the mattress is used, you'll have stronger recourse.

*Avoid retailers with mattresses that don't carry tags. You simply don't know what you're getting, regardless of what the salesperson claims. It's what's in writing that counts.

*Ask about the retailer's return and refund policies, and get copies in writing.

More Information

The agency that regulates mattress labeling varies by state. To find out what the bedding laws are in your state, you may have to contact the State Departments of Health, Consumer Affairs, Agriculture or Licensing.

You can file a complaint with the FTC by contacting the Consumer Response Center by phone: toll-free 1-877-FTC-HELP (382-4357); TDD: 202-326-2502; by mail: Consumer Response Center, Federal Trade Commission, 600 Pennsylvania Ave, NW, Washington, DC 20580; or through the Internet, using the online complaint form. Although the Commission cannot resolve individual problems for consumers, it can act against a company if it sees a pattern of possible law violations.

No Sleep for One Out Of Three Americans

(NAPS) According to The National Sleep Foundation, insomnia affects nearly 84 million Americans and often goes undiagnosed and untreated.

"Two out of three Americans have trouble sleeping at least one night a week," says Gary K. Zammit, Ph.D., director Sleep Disorders Institute Zammit and author of *Good Nights: How to Stop Sleep Deprivation, Overcome Insomnia and Get the Sleep You Need.*

Sleeping less can have a negative effect on your health, making it more likely that you'll get sick or have an accident. Here are some tips on how to get a good night's sleep:

1. Don't take work to bed with you. Light reading only.
2. Have some physical exercise during the day so you can feel tired enough to want to rest at bedtime.
3. A warm bath, not a brisk shower, may help you relax before bedtime.
4. Make sure your bed is comfortable and that you're not too hot or cold.
5. Try relaxation techniques before going to bed, such as meditation or deep breathing exercises.

If sleeping problems persist, talk to your doctor about Sonata, a new treatment for insomnia.

For the millions who suffer insomnia, the U.S. FDA recently approved Sonata (zaleplon) capsules C-IV, a new drug for the short-term treatment of insomnia in adults, including the elderly.

"Sonata may revolutionize the way we treat insomnia because it can be taken on an as-needed basis," says Thomas Roth, Ph.D., Director of the Henry Ford Hospital Sleep Center, Detroit, MI. "Unlike other prescription sleep medications that need to be taken in anticipation of sleep problems, Sonata can be taken either at bedtime or sometime later, after they have tried to fall asleep on their own, as long as they have four or more hours remaining in bed."

In addition, clinical trials showed no evidence of next-day grogginess.

If you have difficulty sleeping and think you may have insomnia, be sure to ask your doctor the following questions:

1. Are my sleep problems serious? or What is normal sleep?
2. Do I need less sleep as I get older?
3. What should I do when I can't sleep?
4. What treatments are available?
5. Are all sleeping pills addictive?

For more information about Sonata, call 1-800-595-7676.

How to Keep Your Kids Off Drugs

Many parents are frightened at the possibility of their children growing up to be drug-abusers. They've read the nightmarish stories of children killing other children, going to jail, or getting killed in drug-related crimes or accidents. The question is, "What do you do?"

Forty-one year-old mother of two, Lisa Fine believes she has the answers and has published a booklet especially for parents called *How to Keep Your Kids Off Drugs.* The 67-page how-to manual is clearly written and contains real world, practical things parents can do to help keep their kids off drugs.

"This is the simply-stated, but powerful knowledge I have gained through experience and study, which keeps me confident that my kids will never touch drugs," said Fine.

"I was driving home one day when I saw a young boy shuffling along the road, looking just like every drug-taker I'd known in school, years earlier. This scared me. I didn't want to see that trend continue, eating away the lives of these kids. I looked at why I was sure my kids would remain drug-free and what exactly I was doing to ensure this. I knew I had to share the hard-won knowledge I'd gained with other parents. I didn't want to see any more kids becoming alienated with their parents and life in general, while making bad decisions which could ruin their lives.

"I researched this whole area thoroughly so I could pass the knowledge on to others. I wrote the book simply so that children could read it, too. You can never begin at too young an age, to raise your kids to know what they need to know to forever steer clear of drug abuse."

How do you keep your child happy? What should you do to make your child willing to contribute to the household? How do you make sure your child stays in good communication with you throughout his life—even in the teenage years? These are just a few of the questions the book answers.

Fine priced the booklet low, under $5, because she wanted to make the information available to as many parents as possible.

The book may be ordered from the publisher, Family Press, P.O. Box 2413, Wheaton, MD 20915, by sending a check or money order for $4.54, which includes shipping and handling. It may also be purchased online at www.bookch.com in the section on Parenting.

When can parents begin to use this information? Fine advises, "Start as early as you can, even as early as birth, in raising your kids to be drug-free. It's never too early. It's also never too late—even for those really old kids."

Help Make Special Occasions Healthy

by Elizabeth Scott, Ph D

(NAPS) You work very hard to make sure your special meals are not only delicious, but beautifully presented. What you may not realize is that even the most thoughtfully prepared meal can harbor dangerous bacteria that you can't smell, see or taste. But, there are steps you can take to prevent foodborne illness in your home

Most people know that you can get sick by eating food that's contaminated and undercooked, even if they're not sure how to prevent it. What many people don't realize is that they can also pick up the same germs through cross-contamination, or the accidental spread of germs from food to food or from surfaces to food. Both food-poisoning culprits need to be addressed to help ensure that your special occasion is a healthy occasion.

Some of the practices that I recommend in order to prevent foodborne illness are:

*Check expiration dates on all foods.

*Avoid canned foods with dents and cracks, which may present a serious food poisoning threat.

*Bring food home from the supermarket promptly and refrigerate or freeze immediately.

*Thaw food in the refrigerator and not on the counter.

*Chill and refrigerate leftovers immediately and use within 2-3 days. Date leftovers to ensure you are using them quickly.

*Wash your hands thoroughly with soap and water before and after handling and preparing food.

*Disinfect food preparation surfaces with Lysol Antibacterial Kitchen Cleaner and use paper towels to prevent cross-contamination. Remember that dishcloths and sponges can breed germs.

*Use an instant-read thermometer to check if food is thoroughly cooked. Red meat and poultry should be at least 160 F internally and no longer pink. Insert the thermometer in the thickest parts of the meat in several places to ensure that it is cooked throughout.

*Cook eggs until yolk and whites are firm, not runny. Never use recipes that call for raw or partially cooked eggs since Salmonella is found inside some fresh, unbroken eggs.

For additional tips on how to make sure foodborne illnesses don't spoil your special occasions, call for a free copy of the *Help Make Special Occasions Healthy Occasions* brochure at: 1-800-99-LYSOL.

Dr Elizabeth Scott is a Consumer Food Hygiene Expert and Author of How to Prevent Food Poisoning A Practical Guide to Safe Cooking, Eating, and Food Handling

Future Of Railroads On Track for Success

by Edward R. Hamberger

(NAPS) Economic growth has helped to keep America's railroads on the right track with increased productivity, improved safety and better service.

Since 1980, U.S. rail freight volume has grown by 52 percent, outpacing the 44.2 percent growth of total domestic freight transportation. Over the next two decades, the entire freight transportation market is expected to grow by an additional 50 percent. Most of that growth will be handled by rail or highway.

As much as 30 percent of rail freight is already tied to international trade, serving as an indispensable bridge between the nation's heartland and overseas markets, carrying both imports and exports of everything from coal to automobiles to electronics.

Trade between the U.S. and Canada and the U.S. and Mexico is expected to increase as a result of the North American Free Trade Agreement, which extends the U.S. marketplace from the Yukon to the Yucatan.

Railroads are expected to grow and can do so without creating the environmental problems that follow highway expansion.

According to the United States Environmental Protection Agency, "Locomotives are on the order of three times cleaner than trucks on an emission per ton moved basis." Locomotives are also three times more fuel efficient than trucks on average.

Railroads don't just reduce fuel consumption and pollution, they also reduce highway congestion.

Partnerships with trucking companies, steamship lines and logistics companies have made intermodal freight--the movement of containers or trailers via rail the fastest growing segment of railroad business.

Capital improvements of more than $230 billion spent to maintain and improve railroad structure since 1980 have really paid off in increased productivity and efficiency.

When railroads are more productive, customers profit. Railroad productivity means lower prices and better service.

According to recent estimates, 80 percent of the benefits of the past decades' improved productivity is already being passed on to railroad customers.

Rail rates are sharply lower today than they were 20 years ago and service is up.

Two decades ago, railroad service problems didn't make the news because they were the norm, not the exception. Today, serious service problems are rare.

U.S. railroads plan to invest an additional $160 billion to improve the system and then spend more than $200 billion to maintain it. This money will be spent to expand track capacity, buy new trains and improve information systems.

Massive investment over the past two decades has produced the most efficient freight railroad system in the world and the future of the railroad industry is on track for even more improvements.

Edward R. Hamberger is president and chief executive officer of the Association of American Railroads

Take Action to Control Your Pain

(NAPS) Are "Ouch!" or "Ow!" the only words you can think of to describe the pain you occasionally feel? Have you ever been tongue-tied when trying to explain what you feel to your doctor? While it may not be easy to talk about your pain, describing it to your doctor may be your first step toward finding relief from arthritis and other painful conditions.

Unfortunately, for many, pain is something that is simply accepted. According to a recent Gallup survey, Pain in America, four of 10 (42 percent) adults say they experience pain daily, yet more than half (60 percent) believe that pain is just something "you have to live with." But pain is not necessarily something you have to accept. It's okay to admit you have pain and to take action to relive it.

One of the best ways to gain control of your pain is to talk to your doctor about it. This will help your doctor to better understand the cause of your pain and how he or she can help you relieve it. According to Jack Klippel, M.D., medical director of the Arthritis Foundation, "Unlike a broken bone, pain cannot be identified by a medical test or x-ray, so these patient-doctor conversations are important in helping health care providers better understand and treat pain."

Among the most commonly cited causes of pain among adults is arthritis, a condition that affects more than 43 million Americans. "Arthritis and other types of pain significantly impact the lives of most Americans, but many aren't comfortable taking the first step to find relief--talking to their doctor," said Klippel.

Speaking of Pain, an educational campaign being introduced by the Arthritis Foundation and other leading organizations, aims to help people gain control of their pain by better communicating with their health care professionals about it. Through Speaking of Pain workshops, people will learn more about assessing the nature of their pain, describing it to, and working with their health care provider to relieve their pain.

The Arthritis Foundation and partnering organizations also are offering a free booklet, *Speaking of Pain: How to Talk with Your Doctor about Pain*, with a pain card through the Foundation and through workshops across the country.

To request a free booklet call the Arthritis Foundation at 1-800-283-7800 or visit www.arthritis.org.

Trenchless Construction Gains National Popularity

(NAPS) Horizontal directional drilling, a new construction technology that can install underground utilities without excavating or trenching, was used recently to replace fuel oil lines near the Statue of Liberty on Liberty Island.

The National Park Service's original plan specified trenching in the lines, however conventional open-cut methods could have damaged the island's valuable tree root structures, as well as disrupted visitor traffic. Using horizontal directional drilling minimized the potential for both. New York Trenchless, Inc., a Port Washington, New York-based firm, specializing in utility infrastructure construction, used a Vermeer D50x100A Navigator horizontal directional drill (HDD) to perform the work near the historic monument.

This "trenchless" method of construction has only been used for a little over a decade to build global infrastructure. HDD is changing the way cities and utility companies install or replace underground pipe or cable. As one of many trenchless methods, HDD avoids the costly and irritating disruption that traditional open cutting brings in highly congested urban areas.

Directional drilling is the preferred method for the installation of utilities in established neighborhoods where trenching would rip up the landscape and present costly restoration problems. A growing number of utility installations, such as fiber to build the Information Superhighway, are being done virtually unnoticed because of methods like HDD and pipe bursting.

HDD machines create a horizontal path underground without digging or trenching that upsets the ground surface. Locating devices help to identify existing underground infrastructures along the bore path and can actually be steered around existing utility obstacles.

Two-man crews keep track of the location of the drill head under the surface with devices that also use sonar technology. These same machines, using expander-like tools, then pull pipe or cable back through the hole, including fiber-optic lines, telephone, TV cable, electrical connections, water lines, and sewer lines. Partnering technology also exists to plot the *bore path* and identify existing underground infrastructures along the bore path using sonar technology.

Pipe bursting is the method of rehabilitating old water and sewer lines without having to dig them up. It uses an air-compression powered hammering tool to break apart the existing utility and replaces it with new pipe--pulled in behind it. A winch is snaked through the existing pipe, to guide it from the opposite end.

Contractors are quite often finding themselves in a position where the firm that engineered a project requires them to use trenchless technology. Environmental concerns, cost issues, and public inconveniences are making the use of HDD tools more common for municipalities, also. Horizontal directional drilling and pipe bursting methods are consistently improving and showing their versatility on the job site. Used for a variety of applications, HDD machines have demonstrated their cost efficiency and environmentally-friendly ways of installing utilities and cable.

For more information about Vermeer or applications of its trenchless products, call toll free 1-888-VERMEER (837-6337) or visit www.vermeer.com.

Light the Night Walk

Leukemia & Lymphoma Society's Northern California Chapter will host a second annual *Light the Night Walk* on Saturday, Sept. 23. Festivities will begin at 5 p.m. with entertainment, refreshments and registration at the Justin Herman Plaza with the three-mile walk beginning at 7 p.m.

Participants will walk down The Embarcadero carrying illuminated balloons to celebrate and commemorate the lives touched by cancer. Patients and cancer survivors will light the way with white balloons while family and friends carry red balloons.

Grapevine Puzzler Gods of Ancient Greece

M O S O R E A R T E M I S S U P A I R P
N L I A R E S S F C E T I D O R H P A H
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A D C H G H J K E G E N O H P E S R E P

Aeolus	Eros	Hypnos	Persephone
Aphrodite	Erinyes	Irene	Phaethon
Apollo	Gaea	Iris	Plutos
Ares	Graces	Kybele	Pontos
Artemis	Hades	Metis	Poseidon
Asclepius	Hebe	Mnemosyne	Priapus
Athene	Hecate	Moirai	Proteus
Boreas	Helios	Muses	Rhea
Cronos	Hephaestus	Nemesis	Selene
Demeter	Hera	Nike	Tethys
Dione	Hermes	Nereus	Triton
Dionysus	Hestia	Okeanos	Uranus
Eos	Hygieia	Pan	Zephyrus
Erebos			Zeus

Historic Proportions

Match clues to answers.

1972

1. On Mar. 25 they won their sixth straight NCAA title.
2. Olympic Games opened here Aug. 22.
3. Supreme Court ruling June 29 found this unconstitutional.
4. World champion of chess on Sept. 3.
5. Re-elected President Nov. 7 by a landslide.
6. Super Bowl champions on Jan. 16.
7. U.S. agrees in July to sell grain to this nation.
8. World Series winners on Oct. 22.
9. U.S. president made historic journey here in February.
10. Burglars caught June 17 in this complex.
11. Assassination attempt May 15 paralyzed presidential hopeful.
12. Movie-goers cannot refuse to flock and see this movie.
13. U.S. launched spacecraft Mar. 2 to explore Jupiter.
14. Devastating earthquake hit here Dec. 25.
15. America's last moon mission ended in late December.
16. Nominated July 14 for President at Democratic Convention.
17. Winners of NBA title on May 7.
18. Bill signed by President on Jan. 5 started this program.

A. Managua
B. China
C. George Wallace
D. The Godfather
E. George McGovern
F. Apollo 17
G. Los Angeles Lakers
H. Munich
I. Space shuttle
J. UCLA
K. Soviet Union
L. Dallas Cowboys
M. Oakland Athletics
N. Richard Nixon
O. Death penalty
P. Watergate
Q. Pioneer 10
R. Bobby Fischer

Answers: 1-J; 2-; 3-O; 4-R; 5-N; 6-L; 7-K; 8-M; 9-B; 10-P; 11-E; 12-D; 13-Q; 14-A; 15-F; 16-E; 17-G; 18-I.

Sez Who?

Match quotes to speakers.

1. "This taught me a lesson, but I'm not sure what it is."
2. "Gentlemen, get the thing straight once and for all. The policeman isn't there to *create* disorder, the policeman is there to *preserve* disorder."
3. "I must admit, it would be nice if I had a few more exciting personal qualities than I do."
4. "Nobody can drown in the ocean of reality who voluntarily gives himself up to the experience."
5. "It is disgusting to pick your teeth. What is vulgar is to use a gold toothpick."
6. "When you're bored with yourself, marry and be bored with someone else."
7. "Sports figures are to the '70s what movie stars were to the '60s."
8. "Husbands are like fires. They go out when unattended."
9. "Children have never been very good at listening to their elders, but they have never failed to imitate them."

A. Louis Kronenberger
B. Henry Miller
C. Zsa Zsa Gabor
D. Edward VIII
E. James Baldwin
F. Richard Daley
G. Andy Warhol
H. John McEnroe
I. George McGovern

Answers: 1-H; 2-F; 3-I; 4-B; 5-A; 6-D; 7-G; 8-C; 9-E.

Five Years Ago In the Grapevine

SEPTEMBER 1995

*After years of campaigning to restore ESL classes in the neighborhood, the first class was held Aug. 21 at Visitacion Valley Community Center.

*Five new members were added to the Visitacion Valley Task Force to further broaden ideas generated by its benchmark committee.

*Visitacion Valley Elementary School held its own Junior Olympics to encourage physical fitness and reward athletic talent.

*Visitacion Valley Middles School unveiled its new *falcon* mascot along with a new schedule for Fall 1995.

Sump, the Grump

As a Matter of Fact

*The average American buys 17 yards of dental floss each year.

*In some parts of the midwest the horse chestnut was carried in a person's pocket to prevent rheumatism.

*Forks were two-pronged until the nd of the 18th century when four-pronged became standard.

*The country with the greatest number of post offices is India, which has more than three times as many as the U.S.

*In England, teatime is any time between 4 and 7 p.m., but high tea or early supper may be at tea time or later.

*Tradition has it that students at Yale University were served apple pie at supper every evening for 100 years.

*Fennel is an herb of the parsley family. In ancient Rome it was believed that eating any part of it improved eyesight.

*The term *first lady* dates from the time of Lucy Ware Webb Hayes, who was the 16th first lady from 1877-1881.

*In Wales, hazel twigs were once woven into a wishing cap which, it was believed, would grant the wearer's desire.

*Only gorillas living in captivity eat meat. In the wild, gorillas snack on leaves, buds, barks and fruits.

*Deer lose their antlers each winter and grow new ones during spring and summer.

*There is no bread in shortbread. It's a cookie.

*Some people once believed that a sapphire would protect the wearer against the powers of darkness.

*The Mayan and other Latin American Indians made rubber shoes by dipping their feet in latex and letting it dry on them.

*The world's largest crater is Coon Butte or Barringer Crater near Winslow, Arizona. It is about 575 feet deep.

*It was once believed in parts of Europe that horses could see ghosts.

*At one time in China, geese were given as a present to newlyweds because geese are said to be faithful to each other.

*The commonest surname in the English-speaking world is Smith, with more than two million Smiths in the U.S.

*A *bungalow*, a one-story house, takes its name from the Indian word bangla, which means "from Bengal."

*Some believe that keeping an elderberry in the pocket protects against poison ivy.

*When a horseshoe is put up for good luck, the horns of the shoe should point up so the luck does not run out.

Now That I'm Older...

Please grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.

Now that I'm older, here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and All Bran.
3. I finally got my head together; now my body is falling apart.
4. Funny, I don't remember being absent minded...
5. All reports are in; Life is now officially unfair.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few...
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause...kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. Only time the world beats a path to your door is when you're in the bathroom.
14. If God wanted me to touch my toes, he would have put them on my knees.
15. When I'm finally holding all the cards, why does everyone decide to play chess?
16. It's not hard to meet expenses ...they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter...I go somewhere to get something, and then wonder what I'm here after.

What Drivers Should Know in the Event Of an Auto Accident

Although responsible drivers try to avoid getting into auto accidents--even the best of drivers can have bad luck behind the wheel. With the widespread nature of "road rage," the almost daily radio traffic reports of overturned tractor trailers on the Interstate and ever changing weather conditions, it's no wonder there are more than 18,000 auto accidents a day in the United States.

That's why it is important to avoid a potentially dangerous situation, prepare for an emergency and help ensure that any insurance claims are handled as quickly as possible. Response Insurance's public information campaign answers the question of what to do in the event of an auto accident with their "Top 10 Tips." The suggestions are offered drivers to help prevent injury, save time and money and minimize the stress involved in an auto accident.

Tip #1 - Protect yourself. Be alert to traffic scams that seem like "accidents," such as when driving on a lightly traveled road, particularly at night, and being tapped from behind. Predatory criminals do this to get the driver to exit the car and then either rob the driver or steal the car. If you are suspicious of the circumstances, stay in your vehicle and drive to a police station or heavily populated area for assistance.

Tip #2 - Stay calm. Avoid tendencies toward "road rage" and stay calm if you encounter another driver who is behaving irrationally. When these situations escalate, they can often lead to dangerous driving and crashes. There is no slight, vulgar gesture or foolish behavior that is worth endangering your life, your car and the lives of others.

Tip #3 - STOP! If you are in an accident do not leave the scene until you have spoken with the other driver or the police.

Tip #4 - Take steps to prevent further accidents. If practical, move the car and all passengers safely to the side of the road---preferably to the right shoulder. If functioning, turn your emergency flashing lights on and, if available, set out a flare on the road for nighttime accidents.

Tip #5 - Call the police from the scene or ask someone to call for you. It is usually best to have the police address any traffic infractions, assist with injuries and memorialize the occurrence for the record.

Tip #6 - Request medical assistance if needed. If you or others are bleeding, feel light-headed or are suffering any physical injury, always err on the side of calling for assistance. Unless trained in emergency medical assistance, do not attempt to move injured persons or perform medical procedures yourself.

Tip #7 - Do not admit fault or discuss the accident with anyone except for the police or your auto insurance company. And, remember to call your insurance company as soon as practicable.

Tip #8 - Write down pertinent information such as the other driver's name, addresses, telephone number, license plate and driver's license number and the time of the accident. Note the names, addresses and phone numbers of any witnesses, the badge number of any police officers and where to obtain a copy of a police report and any other pertinent information about the scene, such as exact location, the issuance of any tickets by the police, and any recollections about your vehicle's handling or mechanical functioning just prior to the accident.

Tip #9 - Carry an emergency kit in your car that should minimally include: a road flare or traffic triangle, brightly colored cloth to tie to your radio antenna and driver side door handle, a flash light, with fully charged batteries, a first aid kit, a basic tool kit with duct tape and a pen and paper. Always have a copy of your Insurance Company ID Card in your glove compartment and have with you, your driver's license and car registration.

Tip #10 - Assist others. If you come upon an auto accident that you are not a party to and wish to offer assistance, pull your car off the road ahead of the accident scene. Do not park in back of the accident, which will only make your vehicle vulnerable to oncoming traffic and block the view of emergency or police vehicles looking for the scene. When arriving at the scene of an accident, first determine if there are any injuries. If so, immediately call for medical assistance. Unless trained in emergency medical assistance, do not attempt to move injured persons or perform medical procedures yourself.

Outsmarted by Smart Appliances?

I have a feature-packed telephone with 43 buttons, at least 20 of which I am afraid to touch. This phone probably can communicate with the dead, but I don't know how to operate it, just as I don't know how to operate my TV, which has features out the wazooty and requires *three* remote controls. One control (44 buttons) came with the TV; a second (39 buttons) came with the VCR; the third (37 buttons) was brought here by the cable-TV man, who apparently felt that I did not have enough buttons.

So when I want to watch TV, I'm confronted with a total of 120 buttons, identified by such helpful labels as PIP, MTS, DBS, F2, JUMP and BLANK. There are three buttons labeled POWER, but there are times--especially if my son and his friends, who are not afraid of features, have changed the settings--when I honestly cannot figure out how to turn the TV on. I stand there, holding three remote controls, pressing buttons at random, until eventually I give up and go turn on the dishwasher. It has been, literally, years since I have successfully recorded a TV show. That is how "smart" my appliances have become.

And now the appliance manufacturers want to give us even *more* features. Do you know what this means? It means that some night you'll open the door of your "smart" refrigerator, looking for a beer, and you'll hear a pleasant, cheerful voice--recorded by the same woman who informs you that "Your call is important" when you call a business that does not wish to speak with you personally--telling you: "Your celery is limp." You will not know how your refrigerator knows this, and, what is worse, you will not know who else your refrigerator is telling about it ("Hey, Bob! I hear your celery is limp!"). And if you want to try to make the refrigerator stop, you'll have to decipher Owner's Manual instructions written by and for nuclear physicists ("To disable the Produce Crispness Monitoring feature, enter the Command Mode, then select the Edit function, then select Change Vegetable Defaults, then assume that Train A leaves Chicago traveling westbound at 47 miles per hour, while Train B...").

Do you want appliances that are smarter than you? Of course not. Your appliances should be *dumber* than you, just like your furniture, your pets and your representatives in Congress. So I am urging you to let the appliance industry know, by phone, letter, fax and e-mail, that when it comes to "smart" appliances, you vote NO. You need to act quickly. Because while you're reading this, your microwave oven is voting YES.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday at 1 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult.

Museum admission is free with $4 per person workshop fee (except where noted). Call 554-9600 for further information.

There will be a free *Animal Story Hour* on Sept. 16 at 11:30 a.m.

*Sept. 2: **Bamboo Sculpture** - Use hot bamboo skewers to produce free standing sculptures.

*Sept. 9: **Wild Wandering Waders** - Find out how shorebirds migrate thousands of miles each year.

*Sept. 23: **Up, Up and Away** - Learn all about the science of flight.

*Sept. 30: **Paint Our City** - Experience the excitement of painting outdoors.

Survey Finds Drivers May Take Vacation From Abiding Laws

Celebrating the end of summer is a rite of passage for Americans. As you take to the road this Labor Day weekend, celebrating the end of a very wet or very dry summer, progressive.com offers the following tips on safe summer highway travel:

1. Wear a seat belt/restrain children. It is estimated by the NHTSA that safety belts save 9,500 lives a year. If every passenger over the age of four was strapped in, an additional 9,000 lives could be saved annually. An estimated 312 children under age five are saved annually in the U.S. by being strapped into a car seat

2. Allow extra time to reach a destination. Speeding causes 30 percent of all fatal crashes and over 13,000 lives are lost each year due to speed-related accidents.

3. Keep children under age 12 buckled up in the back seat to avoid injury from airbag impact.

4. If you're on a long drive, stop for a walk or meal at dusk - the most dangerous driving period of the day--and avoid city travel during rush hours.

5. Take frequent breaks. Stop, get out of the car and stretch tired muscles. Exercise increases the oxygen flow to the brain and boosts wakefulness. Avoid sugary snacks and caffeine that give drivers a surge of quick energy but leave them feeling more tired later.

6. Stop to read maps or discipline children. The rule of thumb is both eyes on the road and both hands on the wheel at all times.

According to a progressive.com countrywide survey:

Survey Findings

*When asked what was most likely to take their attention off the road while driving in the summer, the top five answers were: fatigue (34 percent); talking on the cell phone (17 percent); singing along with the radio/music playing in the car (16 percent); getting angry at other drivers while in heavy traffic (12 percent); having children in the car (10 percent).

*Fifty-seven percent of respondents said they were more likely to drive during the summer when overtired or fatigued while driving home from a weekend getaway.

*Fifty-nine percent of consumers reported that they were more likely to drive when they shouldn't during the summer because they wanted to get somewhere in one night.

*Twenty-six percent of respondents reported they drive when they shouldn't due to alcohol consumption at summer barbecues.

*Twenty-three percent of consumers said they would be more likely to drive after drinking at a summer barbecue if they did not have very far to drive to get home. In another surprising admission, the number one reason reported for driving with a child out of their car seat during the summer was for driving only a short distance.

*More than one-fifth of consumers reported taking their kids out of their car seats while driving on a summer trip.

*Women were four times more likely than men to break traffic laws while stuck in summer traffic with kids in the car. In addition, women were twice as likely as men to drive while overtired on their way home from a long day trip during the summer with kids in the car.

*Families with children were six times more likely to drive home from a long day trip while fatigued during the summer than those people without children.

*Surprisingly, consumers ages 55 to 64 were twice as likely to speed on a Sunday evening after a weekend getaway during the summer than consumers ages 18 to 24.

*Respondents ages 55 to 64 were six times more likely to drive after drinking while attending a summer sporting event that respondents ages 18 to 24.

*Forty-eight percent of consumers reported experiencing road rage while driving to work in rush hour traffic during the summer.

*Men were twice as likely as women to drive in the summertime with their child out of their car seat if they were driving only a short distance.

*The number one age group--60 percent of people ages 55 to 64 experienced road rage while on their way to work during the summer.

*Fifty-three percent of respondents were more likely to break a traffic law if caught in summer traffic.

*Twenty-two percent of respondents said they have experienced road rage if someone cut in front of them without signaling during the summer.

*Divorced respondents were twice as likely than married respondents to take their child out of their car seat so that they can sleep better/longer on a long car trip during the summer.

*Forty-nine percent said the most aggravating time to drive during the summer was on Friday evenings on their way to a weekend getaway, followed by: returning from a trip on Sunday evening (27 percent) and returning from a weekend getaway on Monday morning (19 percent).

Big Story, Little Book

(NAPS) It's the story of an American company in a nutshell--that's why author Charles Reichblum picked H.J. Heinz Company as the subject for the third book in his *Knowledge in a Nutshell?* series.

Knowledge in a Nutshell on Popular Products Heinz Edition is packed with fun facts and amazing stories about the world-famous company, along with dining and food trivia from the United States and across the globe.

Reichblum's previous books, Knowledge in a Nutshell and Knowledge in a Nutshell on Sports, delight a wide range of readers, from children to senior citizens, with a potpourri of facts and trivia. For his most recent book, Reichblum sought a subject that would not only be fun to read but would also tell a story about how Americans live. The Heinz story fit the bill.

It starts with the company's colorful founder, Henry J. Heinz. "Mr. Heinz practically invented the modern food processing industry and many of the modern merchandising innovations that consumers are familiar with, such as the *Heinz 57 Varieties* slogan," Reichblum said. "What people may not know is that when Mr. Heinz created that slogan, the company already had more than 57 varieties." The book tells how that motto came to be, along with many other tales, from how Henry J. Heinz literally sank his competition to how Charlie the Tuna came to be.

With Heinz products so familiar to consumers, there was no shortage of fascinating food facts for Reichblum to write about. These facts range from why we call accountants "bean counters" to why people were once afraid of eating tomatoes!

Known as "Dr. Knowledge," Reichblum has spent more than 50 years collecting and verifying some of the world's most fascinating trivia. As President of Century Features, Inc. news service, he supplies these facts to advertising clients around the world.

Knowledge in a Nutshell on Popular Products Heinz Edition is available in bookstores, from the publisher at 1-800-NUTSHELL, or on the World Wide Web at www.KnowledgeinaNutshell.com.

On the Road to Self-Sufficiency

by Mayor Willie Brown

Historically, San Francisco has been a point of destination for many. It is a city of sanctuary, opportunity and diversity. Over the years, countless people have come here seeking refuge in our reputation for tolerance.

As the rest of the country has reduced investments in social services and institutional care, a number of people profoundly alienated from society have gravitated to San Francisco. This increases the number of homeless we naturally had in our community.

Homelessness is a complicated issue because it often involves other factors such as mental illness and substance abuse. Over the past four years, we've dramatically increased services to the homeless We've allocated millions to implement substance abuse treatment on demand, expand mental health services, provide nearly 1,500 emergency shelter beds a night, and master leased residential hotels. We're moving people out of shelters and on the road to self-sufficiency.

As part of our determination to assist people in becoming self-sufficient, we must take into account the factors that hinder an individual's chances of obtaining employment and housing. It is difficult to get a job when one has no place to store personal belongings, make phone calls, wash clothes or shower. These privileges, which most of us take for granted, can make a big difference as we try to move people off the streets.

We've recently opened a new free storage facility on Otis Street. The new center, which allows homeless individuals to store their personal possessions on a monthly basis, was created after talking to several people who said they needed a place in which to put their belongings.

Because these individuals no longer have to utilize shopping carts to hold their possessions. they are able to enjoy everyday activities without the burden of carrying their belongings. The storage facility allows them the freedom to travel throughout the city, keep appointments with city agencies that provide crucial services and begin looking for jobs without worrying about the safety of their possessions.

We've also opened two resource centers in South Beach and Bayview Hunters Point that provide much needed services to street populations Open 24-hours-a-day, the resource centers duplicate the services provided in many of our shelters. Drop-ins are able to use voice mail services, showers, laundry facilities, lockers, money management classes, counseling, job-training services, and access general assistance.

And while we continue to increase our shelter space, we are focusing on restructuring the shelter system to help people transition into their new lives. As people gain confidence and valuable skills, they will be able to transition into one of our master leased SROs and begin their lives anew.

While most of the social programs we have implemented focus on a finite local population, the needs of the homeless have an element of the infinite about them because people in desperate conditions will go to wherever services and tolerance do exist. We must work with the other nine Bay Area counties and with the state to equalize general assistance grants, ensure a more level playing field when it comes to shelters and housing facilities and to modify state laws so we can more effectively assist the mentally ill homeless on our streets.

Only by staying the course and developing new approaches that fit into a comprehensive plan of action can we begin to resolve this most stubborn of civic problems.

Grapevine Online

Visit the Grapevine's website at: http://home.earthlink.net/~visvalley for past news stories, local history and a complete business directory.

September 2000

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S.F. City Meetings

Aging 1st Wed 9:30a, Airport 1st & 3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth. 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec and Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, SF Supervisors Mon 2p

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m., **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., **Thursdays:** Sewing Class 9 a.m.-3 p.m. **USDA Food Distribution Day** is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW (days)	695-2017, (nights/weekends) 695-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEAN UP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2575
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIPLINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work–Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

ADVERTISING IN THE GRAPEVINE for ***Display:*** Full Page: $150; 1/2 Page $80; 1/4 Page $45; 1/8 Page $25; 1/12 Page $15. Discount for three or more insertions. Call (415) 467-9300 for more details ***Want Ads:*** 20 words for $1. Extra line 50 cents. Mail ad and payment by last day of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS
ASIAN DISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
McCALL'S FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 222 Leland Ave., 584-3077
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9635
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN CARPET AND BLIND, 39 Leland Ave.

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895
TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676

DISTRIBUTOR
PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FINANCING
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SAM'S DELI & LIQUOR, 25 Leland Ave., 239-7183
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITYWASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9000

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURERS
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HAWKINS VILLAGE MEDICAL CLINIC (Dept of Public Health), 333 Schwerin St., Appointments: 715-0310
DR. SAM HO, MD, 9 Silliman St. No. 4, 337-6135
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

ORGANIZATIONS
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GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

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HENRY SCHINDEL, 239-5850

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HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

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DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

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VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERNS
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

Ingleside Station Police Report

*On July 23 at 12:05 a.m. on the 4500 block of Mission St. an Ingleside officer responded to attempt to abate a potential fight which was brewing. When the officer requested the suspect to leave he became hostile and took a batters stance with a cue stick he held in his hands. The officer was able to talk the suspect outside without incident however the suspect repeatedly attempted on several different occasions to lunge his body at the officer. The officer gained control each time which seemed to make the suspect angrier. The suspect threatened the officers life and was booked in the county jail accordingly. Case 000866670

*On the 3200 block of Mission St. on July 23 at 12:43 a.m., Ingleside officers responded to a bar fight. While speaking with a few of the suspects involved one became very hostile and threw his cowboy hat into an officers eyes then began punching the officer. The officer was able to gain control of the suspect and take him into custody. Case 000866711

*Plain cloths officers were in the area of Alemany Blvd. and Seneca Ave. on July 23 at 5:19 p.m. where they smelled marijuana coming from a occupied vehicle which had it's windows down. The officers identified themselves and confiscated a fresh marijuana cigarette on the floor of the vehicle. The suspect was detained and a search of the car revealed a loaded handgun which was discovered under the drivers seat where the suspect had been sitting. Case 000868535

*On July 23 at 9:33 p.m., Ingleside officers responded to the area of Monterey Blvd. and Circular St. on a report of a man waving a gun in the air and at passing cars on the freeway. Officers located the subject and upon searching him located a fully loaded handgun. The suspect began resisting however the officers were safely able to gain control without anyone being injured. It was discovered that the firearm had been reported stolen four years ago and the suspect had prior felony convictions which prohibited him from possession. Case 000869248

*On July 23 at 11:02 p.m. near Highland and Holly Park, Ingleside officers were following a stolen vehicle. The vehicle failed to pull over and the officers began a vehicle pursuit in which the driver of the stolen vehicle was driving very erratic, eventually jumping out of the vehicle while it was still moving and occupied by two other people. The driver fled the scene with a handgun in his hand and the front passenger also bailed from the driverless vehicle and began running. Both suspects were taken into custody after a foot pursuit and the gun was recovered. Both of the suspects were on active parole which was violated. The stolen vehicle struck five parked cars before it came to rest. Case 000868886

*On July 27 at 9:15 a.m. the victim had been walking near Brazil and London St. when the suspect grabbed the collar of his jacket from behind then punched him in the face knocking the victim to the ground. The suspect then took the victims wallet and fled the scene in a dark blue older model car. The suspect was described as a black male, 20-25 yrs., 6'0", 180 lbs., with black hair. Case 000884036

*Peabody St. and Visitation Ave. was the location of an attempted robbery on July 27 at 11:57 a.m. The victim had been walking down the street when two suspects walking past asked the time. One suspect immediately took a hold of the victim's arm and the other suspect began going through the victims pockets. The victim began yelling for help and the two suspects fled the scene. Both suspects were described as black males, 15-20 yrs., 5'7", 160-180 lbs., black hair, and all dark clothing. Case 000884622

*On the 800 block of Ellsworth St. on July 27 at 12:10 p.m. a couple involved in a dating relationship began arguing over money. The suspect would not allow the victim to leave the car they were in and when the victim began screaming her mouth was covered. The suspect went through the victim's pockets and ripped the bracelets from her wrist. Ingleside officers took the suspect into custody at his home and his vehicle was towed for evidence. Case 000881606

*On July 27 at 4:30 p.m. on Geneva Ave. and Athens St., the victim was riding his motorized scooter when the suspect who had been walking past wrapped his arm around the victims neck and brought him to the ground. The suspect then fled the scene on the scooter. Case 000885749

Calcium May Have Many Health Benefits

(NAPS) When you think of calcium you think of bones--strong bones--and rightfully so. More than 99 percent of the total calcium in your body is found in your bones. Researchers, however, are finding that calcium's good deeds go well beyond our bones: this mineral may have a health impact on several other areas of your body.

The Heart Connection

High blood pressure affects one in every four Americans and is considered a major risk factor for heart disease. Keeping blood pressure under control (120/80 mm/Hg or less) can significantly reduce a person's chances of having heart problems. Many studies have shown that people with high blood pressure tend to have diets low in calcium--when they ate a diet rich in calcium, blood pressure dropped. Some research has also suggested that calcium may help heart health by lowering LDL cholesterol levels (the cholesterol carrier that deposits plaque on artery walls).

The Stroke Connection

A recent study of 86,000 women found that those who had a higher amount of calcium in their diet had a lower risk for stroke than women who ate little calcium. Researchers are not sure if it's calcium's ability to lower blood cholesterol that reduces stroke risk or, if calcium helps prevent dangerous blood clots from forming which would otherwise cause a stroke.

The Cancer Connection

There appears to be a link between a diet rich in calcium and a lower incidence of colon cancer. It is possible that calcium stalls the growth of abnormal cells in the colon, dilutes or neutralizes the effects of cancer-causing substances passing through the intestine or perhaps counteracts the harmful effects of a high-fat diet. Calcium has also been linked to breast cancer. Laboratory studies have shown that too little calcium and vitamin D, along with a high fat diet, can cause changes in breast tissue. Those changes were reversed when calcium and vitamin D levels were increased. It's unclear if calcium is solely responsible for these cancer-protecting benefits or if it works in conjunction with vitamin D and other nutrients.

Other Connections

Very preliminary findings from a national nutrition survey suggest there may be a link between how much calcium a person eats and the risk of being overweight. According to the survey, the less calcium consumed, the greater the likelihood of obesity. In addition, calcium and vitamin D may reverse a leading cause of infertility in women--polycystic ovary syndrome, and there is data showing that calcium may help reduce the symptoms of PMS.

Toward Total Nutrition

Choose three or four servings of calcium-rich foods each day. Together, they provide the 1,000 to 1,200 milligrams recommended for good health.

PMI Cancellation May Save Hundreds Of Dollars Each Year

If you put less than 20 percent down on a home mortgage, lenders often require you to have Private Mortgage Insurance (PMI). PMI protects the lender if you default on the loan. The Homeowners Protection Act of 1998--which became effective in 1999--establishes rules for automatic termination and borrower cancellation of PMI on home mortgages. These protections apply to certain home mortgages signed on or after July 29, 1999 for the purchase, initial construction, or refinance of a single-family home. These protections do not apply to government-insured FHA or VA loans or to loans with lender-paid PMI.

For home mortgages signed on or after July 29, 1999, your PMI must--with certain exceptions--be terminated automatically when you reach 22 percent equity in your home based on the original property value, if your mortgage payments are current. Your PMI also can be canceled, when you request--with certain exceptions--when you reach 20 percent equity in your home based on the original property value, if your mortgage payments are current.

One exception is if your loan is "high-risk." Another is if you have not been current on your payments within the year prior to the time for termination or cancellation. A third is if you have other liens on your property. For these loans, your PMI may continue. Ask your lender or mortgage servicer (a company that collects your payments) for more information about these requirements.

If you signed your mortgage before July 29, 1999, you can ask to have the PMI canceled once you exceed 20 percent equity in your home. But federal law does not require your lender or mortgage servicer to cancel the insurance.

On a $100,000 loan with 10 percent down ($10,000), PMI might cost you $40 a month. If you can cancel the PMI, you can save $480 a year and many thousands of dollars over the loan. Check your annual escrow account statement or call your lender to find out exactly how much PMI is costing you each year.

Additional Provisions

*New borrowers covered by the law must be told--at closing and once a year--about PMI termination and cancellation.

*Mortgage servicers must provide a telephone number for all their mortgage borrowers to call for information about termination and cancellation of PMI

*Even though the law's termination and cancellation rights do not cover loans that were signed before July 29, 1999, or loans with lender-paid PMI signed on any date, lenders or mortgage servicers must tell borrowers about the termination or cancellation rights they may otherwise have under those loans (such as rights established by the contract or state law).

Next Steps

Some states may have laws that apply to early termination or cancellation of PMI--even if you signed your mortgage before July 29, 1999. Call your state consumer protection agency for more information about your state's rules. Fannie Mae and Freddie Mac, which buy home mortgages from lenders, also may have guidelines affecting termination or cancellation of PMI on home mortgages signed before July 29, 1999. Check with your lender or mortgage servicer, or call Fannie Mae or Freddie Mac, for more information.

Contact your lender or mortgage servicer to learn whether you're paying PMI. If you are, ask how and when it can be terminated or canceled.

Tips for Safe Handling of Lead-Acid Batteries

When changing, jumping or recharging the battery in your car, there are some easy steps you should take to be safe.

The major components of lead-acid batteries are lead and acid. In adults, prolonged exposure to lead can lead to headaches, fatigue, muscle and joint pain and depression or sleep disturbances. In children, prolonged or significant exposure can hinder brain and neurological development. Lead is also a substance known to the state of California to cause cancer and/or birth defects.

For all these reasons, one should use care and common sense when handling batteries. Most of the lead in lead-acid batteries is contained inside the heavy plastic case, so ordinary handling of a new or spent battery is unlikely to result in exposure to lead inside the battery. But because the solid lead posts and terminals are exposed, exposure to small amounts of lead from these sources is possible, and you should handle lead-acid batteries, battery cables and clamps accordingly.

There are two main ways to take lead into the body--inhalation or ingestion. Consumers who handle batteries are not at high risk for inhaling lead. Ingestion of lead can be avoided by following simple, common sense good hygiene practices. Here are a few simple, practical tips to follow while carrying, removing or installing a lead-acid battery:

1. First, as a practical matter, wear eye protection wile doing any work on your vehicle.
2. Most automotive batteries are maintenance free. Don't try to remove the vent caps.
3. Wear gloves while handling a battery, especially if you are connecting or disconnecting the battery cables or cleaning the lead terminals.
4. Don't smoke, eat or drink while working on or around a battery. Don't hold spare tools in your teeth as you work.
5. Wash your hands in hot, soapy water after you've handled a battery and before handling food or cigarettes.

California is one of the 37 states with lead-acid battery recycling laws that require a consumer to turn in a spent battery with the purchase of a new battery or pay a recycling fee. If you buy and install your own new battery, don't leave the old one in your garage or shed. Take it back to the store for recycling. It's good for you and the environment.

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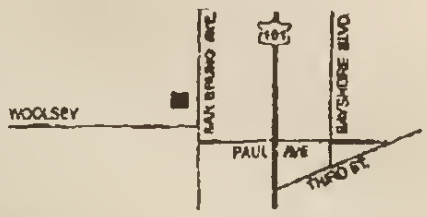

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